A Mindfulness Moment with Melissa

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Breathing Exercise

• Inhale
• Hold
• Exhale
• Repeat
Vicarious Traumatization
Compassion Fatigue
Burnout

• Social workers are at a higher risk of developing secondary traumatic stress due to the nature of their work
• Imperative to the profession to have self-care strategies to help prevent vicarious traumatization, compassion fatigue, and burnout
Mindfulness

“…means paying attention in a particular way; On purpose, in the present moment, and non judgmentally.”

Kabat-Zinn

(as cited in Siegel, 2010)
Mindfulness Based Stress Reduction

- Listed in the National Registry of Evidence Based Practices
- Provides positive outcomes across all age, gender, racial, and geographical domains
Mindfulness Based Stress Reduction Courses

- 10 sessions over 8 weeks
- Mindfulness Meditation
  - Formal daily practice focuses on breath
- Body Scan
  - Focuses awareness on your body
- Gentle Yoga
  - Mental focusing through movement

Image by Melissa Pederson
Mindfulness

…….offers valuable techniques to help deal with some of the occupational stressors such as compassion fatigue and vicarious trauma (Botta et al., 2015; Decker et al., 2015; Gockel et al., 2012; Lee & Himmel, 2016)

…….can serve as a protective factor for both the practitioner and the client (Decker et al., 2015)

…….helps to guarantee the case outcomes (Decker et al., 2015)

…….can be used as a form of self-care for those who are in helping professions (Decker et al., 2015; Lee & Himmel, 2016)
Research Proposal

Qualitative exploratory study

• How mindfulness practiced by the social worker impacts their workplace relationships with their clients and co-workers
• Where clinicians are learning mindfulness
• What impact that mindfulness has on the social worker

Image by Melissa Pederson
Next Steps

• Data will be used to inform Capstone project
• Development of course or program to teach mindfulness techniques to social work students
Thank you!!!

To all of you who came tonight and all of the wonderful supportive professors that I have had along my educational journey here at UWT. May this journey continue.........

Image by Melissa Pederson
References


